

## ABSTRACT

The present invention is a dumbbell having superior strength and durability. The dumbbell consists of a pair of end caps (weights) positioned on either end of a handle. The handle has an elongated central portion with opposite first and second ends. First and second flanges are  
5 formed on the first and second ends of the central portion, respectively. First and second weights (end caps) are attached to the first and second flanges, respectively. The first weight has a recess which is dimensioned and configured to receive the first flange. Likewise, the second weight has a recess which is dimensioned and configured to receive the second flange. Each flange has a peripheral edge and is attached to its respective weight by a plurality of bolts positioned adjacent  
10 the peripheral edge.